

## STARTERS

## **& BAGUACHILE**

Lime marinated shrimps, seasoned with serrano chilli, red onion, cucumber and fresh cilantro

## SALPICON 🖉

Shredded beef on a crunchy corn tostada, avocado, lime and sour cream

## GRINGA

Flour tortilla with "al pastor" marinated pork leg, melted cheese and green sauce

## QUESADILLAS

Chicken, fried pork "carnitas" or cheese stuffed crunchy flour tortilla with sour cream, guacamole and pico de gallo

## CREAM AND SOUP

## SOPA AZTECA

Chicken broth and tomato, served with fried corn tortilla, sour cream, fresh cheese, avocado and pork cracklings

## CREMA DE ELOTE

Corn and vegetable chowder served in bread bowl

## FISH & SEAFOOD

## TACOS DE PESCADO

three fish tacos, with bread crumbed fish, served on lettuce, fresh cilantro, onion and chipotle mayonnaise and white rice

#### CAMARONES

Lime marinated shrimp, sautéed and simmered in a garlic and parsley sauce, served with fried plantain

## MEAT & POULTRY

### **K** S FAJITAS

Chicken, beef or both with onions, bell peppers, melted cheese and flour tortillas, served with rice, guacamole and your choice of charro or refried beans

## **( )** ENCHILADAS

"Al carbon" roasted rib with cheese, served with rice, refried beans, lettuce, sour cream, pico de gallo and red sauce

#### 

Flank steak served with guacamole, mexican rice, refried beans, corn tortilla and grilled vegetables

## **& BLACK MOLE**

Chicken breast Oaxaca's specialty made with toasted seed and chilis, spices and chocolate, served with plain rice

• These are healthy dishes which help in mantaining balanced diet

These are gluten free dishes

- This dish contains dairy or/and milk
- **K** These are spicy dishes
- Number Whole Food Plant-Based option

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.



mantaining balanced diet

These are gluten free dishes

O This dish contains dairy or/and mil

Number Whole Food Plant-Based option

Animal protein can be substituted by a Whole Food Plant-Based option



# WHOLE FOOD PLANT-BASED MENU

## STARTERS

## CEVICHE 🛞

Lime marinated seasoned serrano chilli, red onion, cucumber and fresh cilantro

## **○** ♥ ESQUITE

Grilled corn, fresh cheese, mayonnaise, paprika, lime and fresh cilantro

## O ST CHAMPIQUESO

Melted cheese and roasted mushrooms, served with mexican pico de gallo sauce and wheat flour tortilla

## SOUPS

## **SOPA AZTECA**

Vegetable and tomato broth, served with fried corn tortilla, sour cream, fresh cheese and avocado

These are healthy dishes which help in mantaining balanced diet

These are gluten free dishes

• This dish contains dairy or/and milk

## MAIN COURSES

## **O** S ENCHILADAS

Cheese enchiladas: three enchiladas served with green sauce, rice, refried beans and guacamole

## ♦ FAJITAS

Sautéed vegetable mix with "de la olla" bean stew and guacamole, served with wheat flour tortilla

## O ➡ QUESADILLAS

Flour tortillas filled with cheese, spinach, mushroom, tomato, bell pepper and onion, with red sauce

## **CHILE RELLENO**

- Stuffed bell pepper: amaranth, corn, black beans, pumpkin and lentils, Veracruz style tomato and bell pepper sauce
  - **C** These are spicy dishes
  - Whole Food Plant-Based option

Animal protein can be substituted by a Whole Food Plant-Based option

DISHES WITH CHEESE MADE WITH ANIMAL MILK WILL BE REPLACE BY A VEGETAL ORIGIN CHEESE

# FAMILY STYLE DINNER

## MARGARITA

Traditional mix of Tequila, orange liqueur and lime in a salty glass

### Ο 🕻 ΒΟΤΑΝΑ

Corn tortilla chips, served with a with pico de gallo sauce: tomato, onion, little serrano chili, fresh cilantro and lime

## **NACHOS**

Corn tortilla chips with chili con carne, melted cheese, pickled jalapeño and sour cream

### QUESADILLAS

Wheat flour tortilla filled with cheese and pork ham

### TACOS

Corn tortillas filled with chorizo and potato, fried and topped with lettuce julienne, served with guacamole and sour cream

## **ENCHILADAS**

Tortilla filled with pork rib, served refried beans, lettuce, sour cream and red sauce

## FAJITAS

Beef and chicken strips sautéed with onions and bell peppers, served with wheat tortilla and charro beans stew

## PARRILLADA

Sinaloa style barbecue of beef tenderloin, chicken breast, pork sausage, pork chop, baby onions and roasted vegetables. Served with charro beans stew and beer chili sauce

#### **MARISCADA**

Seafood combination of shrimp, octopus, fish, squid and mussel, marinated and flamed with tequila, served with flour tortillas

## 3 LECHES

Inescapable, but revisited Mexican treat made of sponge cake bathed with condensed milk, cream and concentrated milk

These are gluten free dishes

**C** These are spicy dishes

• This dish contains dairy or/and milk

# LIZO COMAL SHOW COOKING

COMAL: ROUND OR SQUARED PIECE OF METAL, USED IN PREHISPANIC MEXICO TO COOK CORN TORTILLAS, ROAST COFFEE OR COCOA BEANS, OR COOK AL SORT OF FOOD.

#### MARGARITA

Traditional mix of Tequila, orange liqueur and lime in a salty glass

## Ο 🕻 ΒΟΤΑΝΑ

Corn tortilla chips, served with a with roasted green tomato, garlic and serrano chili, processed in the traditional molcajete

#### **W**FAJITAS

Beef and chicken, sautéed with onions and bell peppers, served with wheat tortilla and beans stew

## **3** LECHES

Inescapable Mexican treat made of sponge cake bathed with cream, condensed and concentrated milk

These are healthy dishes which help in mantaining balanced diet

These are gluten free dishes

- This dish contains dairy or/and milk
- ▲ These are spicy dishes

